

Summer 2009



Dear Cheer Skills and Dance Thrills Parents:

We are excited about your camper(s) joining us for the **Cheer Skills and Dance Thrills** camp 2009. We hope that your child will enjoy camp as much as we will enjoy having your child in camp. Our goal is that your child has a blast learning new skills and meeting new friends along the way.

Please read through all of the information carefully. Should you have any questions, call the Youth Activities office at 564-5495. This number will also allow you to leave a message for Camp Director Brittany Castillo. If you wish to speak to the administrator in charge of the Cheer Skills and Dance Thrills camp, please feel free to contact Kimmie Coley, Recreation Coordinator, at 560-7555.

Session one camp starts Monday, July 6 and ends Friday, July 10. Camp will be held at the Carrillo Recreation Center (100 E. Carrillo Street) Monday-Friday 9am-1pm.

Transportation: Campers must be dropped off inside of the Santa Barbara Parks and Recreation building by 9am and must be picked up at this location everyday by 1pm.

What to Bring to Camp Each Day: Campers should bring water and snacks with them each day. These items will not be provided to the campers by the staff. It is important that campers be dressed in athletic wear. This type of clothing might include athletic shorts and either a tank top or a tight t-shirt. Campers should bring tennis shoes and socks; if they have jazz shoes, they may bring them as well. Hair should be neat and pulled back away from the face. It is suggested that campers bring a sweat towel or any other necessary items that he or she may wish to bring to make camp comfortable! Additionally parents, since this camp ends at 1pm, lunch is not provided. We highly recommend snacks and water to keep the campers energized to have fun the entire time.

Daily Camp Schedule: If your child will be absent from camp, please call the Youth Activities office by 9am and leave a message at 564-5495. The Camp Director is equipped with cellular phones for emergency purposes only. If you need to contact your camper, call the office at 564-5495 and we will contact the director and have her call you back.

- **Welcome and Warm- up (9-10am)**
Stretches and conditioning drills for summer camp participants.
An example would be complete stretching of ligament-- especially legs-- to prepare for upcoming drills of toe touches. Other exercises might also include sit ups, push ups, yoga, and partner stretching.
- **Stunts and Cheers (10-11am)**
Participants learn correct placement for toe touches as well as sideline chants and basic cheers and movements which coordinate with these cheers. If time allows, we will also work on some tricks that can be used for any portion of dance or cheerleading.
- **Dance Choreography (11am-12noon)**
Participants begin to learn contemporary dances, such as routines in hip hop, street jazz, and character jazz. This allows them to grow as performers and maximizes their dance vocabulary and style. Additionally, it is important for teenagers to build their own movement vocabulary. They will have an opportunity in the dances to incorporate their own style.
- **Half-time Routines (12noon-1pm)**
Participants learn a combination of cheering elements, tricks, jumps, and dance to comprise a half-time routine. Participants work on their showmanship and individual personality to strengthen their performance skills.
- **Friday Performance**

Upon arrival, the participants will begin their day with instruction on obtaining a professional level of hair and make-up. Once finished, they will rehearse their routines for a performance later in the day. Each participant will be asked to bring their favorite snack or finger food on Friday, which will be refrigerated and later served for the camp participants...following the accumulating performance.

This camp is being offered to foster the idea of SPIRIT, SISTERHOOD, AND SERVICE.
The Friday Performance day is an opportunity for the participants to show what they have learned throughout the week, as well as practice giving back to the community, together as a cohesive group. We have invited an elementary summer program to attend. The camp participants will not only perform for the children, but also present them each with a small craft that was made earlier in their week.

The performance is scheduled to begin at 11am, followed by finger foods and an awards presentation. PARENTS, FRIENDS AND FAMILY ARE ENCOURAGED TO ATTEND!!!